



Week 2: Atonement

Simple Sunday Devotional

As we looked last week, we have a sin problem. Sin created a chasm between us and God. For our scripture readings this week, on Days 11-16 we will be looking to the only hope that bridges the bottomless gap reconciling us back to God.

As we began our journey, we discussed that this season of Lent and daily life “is all about Jesus.” He is the One who paid the death wage. He is the One that grants eternal life. He is the One that satisfied God’s wrath against our sin.

From our reading last week, the Apostle Paul writes, ***For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord (Romans 6:23)***. Our look into the work of Christ’s sacrifice on Good Friday, His death on the cross, atoned (paid, satisfied, covered) for our sin and shame. In other words- when Jesus said, “*It is finished,*” that means that there is now NO(!) condemnation for those who are in Christ Jesus.

Atonement conveys the idea of “covering” over sin, making reconciliation, or purging impurities, or “taking the place of.” We will never understand atonement or reconciliation unless we first understand our state of corruption. Without seeing the consequence of sin, we would not understand our need for a Savior.

As we begin our second full week of the **S.A.I.N.T.S. 40-Day Lenten Challenge**, it’s only natural to understand the “A” in Saints that Jesus is and paid the atoning sacrifice for our sins. He is the Savior we needed. Though sin will continue to have its effect till the day we die, God in His mercy has declared you righteous because Jesus took your place, bore your sins on the cross, descended to hell, and is now seated at the right hand of God.

So let us this week look to Jesus, the author and perfecter of our faith. Thanking Him for all He has done, and saying “*God be merciful to me, a poor sinner.*”

Week 2 Schedule

Habit 5: Check in: (By Thursday midnight)

- **Fasting / Self-discipline:** *Where did you practice self-control this week, and where did you struggle?*
- **Scripture:** *Have you been faithful in reading and hearing God’s Word? What stood out to you?*
- **Prayer:** *Have you been consistent in prayer, and what has been weighing most heavily on your heart?*
- **Work / Physical discipline:** *How did you care for your body through work or exercise this week?*
- **Community / Support & accountability:** *Where do you need encouragement or help to remain faithful in the coming week?*
- **Intercession:** *How may I pray for you specifically this week?*

Work |Week 2| (Increase your baseline) - check off when complete (any days) and doesn’t have to all be done on the same day

- *3 times this week do you your baseline push-ups 2x’s – increase your baseline by 10% (If your baseline was 10 push-ups, increase to 11 push-ups. Complete 11 push-ups, rest, and then complete 11 additional push-ups.)*
 - *Day 1*
 - *Day 2*
 - *Day 3*
- *3 times this week do your baseline core 2x’s – increase your baseline by 10% (If your baseline plank lasts 30 seconds, increase to 33 seconds. Complete plank for 33 seconds, rest, and then complete an additional 33 seconds.)*
 - *Day 1*
 - *Day 2*
 - *Day 3*

- *3 times this week do your baseline cardio – increase cardio by completing activity at a faster pace or going the same pace for an extended amount of time (i.e. run/walk/ride at a faster pace for 15 min or go the same pace for an extended time of 18 min.)*
 - *Day 1*
 - *Day 2*
 - *Day 3*

Student Athletes: If you are currently involved in a sport, your practice time counts for Habit 6: Work

Disclaimer: Under no circumstances do we want anyone hurt. If you are physically unable to do anything, please keep things simple and just move through your house, walk to the end of the yard... anything you struggle to do and yet push through is a success. Celebrate small victories.

Day 11: Monday, March 2, 2026

Reading: [Romans 5](#) (click to go straight to the passage)

Reflection Question: How does Paul's description of Jesus as the second Adam emphasize the significance of His atoning sacrifice for humanity?

Prayer: Lord, Your grace abounds for me so that I may enjoy justification, life, and peace as Adam enjoyed before the fall into sin. Reign over me, gracious Lord, that I may reign over trespasses and death, inheriting all the blessings of the Second Adam-Your Son, my Lord- Jesus Christ, Amen.

Lord's Prayer:

Our Father who art in heaven.
Hallowed be Thy name.
Thy kingdom come.
Thy will be done on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses as we forgive those who trespass against us.
And lead us not into temptation.
But deliver us from evil.
For Thine is the kingdom and the power and the glory forever and ever.
Amen

Day 12: Tuesday, March 3, 2026

Reading: [Hebrews 2](#) (click to go straight to the passage)

Reflection Question: How does Jesus' role as our faithful high priest, made perfect through suffering, deepen your appreciation of His atonement?

Prayer: Lord Jesus, You know my weakness and broke the power of sin in me through Your atoning death on the cross. Help me always to turn away from sin and to put all my trust in You. Amen

Lord's Prayer:

Our Father who art in heaven.
Hallowed be Thy name.
Thy kingdom come.
Thy will be done on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses as we forgive those who trespass against us.
And lead us not into temptation.
But deliver us from evil.
For Thine is the kingdom and the power and the glory forever and ever.
Amen

Day 13: Wednesday, March 4, 2026

Reading: [Isaiah 53](#) (click to go straight to the passage)

Reflection Questions:

- **How does the prophecy of the suffering servant reveal the depth of Jesus' sacrifice and the cost of atoning for sin?**
- **In what ways can the imagery of Jesus bearing our iniquities transform your response to sin and forgiveness?**

Prayer: *"O sacred Head, now wounded, with grief and shame weighed down. Now scornfully surrounded with thorns, Thy only crown. O sacred Head, what glory, what bliss till now was Thine! Yet, though despised and gory, I joy to call Thee mine!"* Amen (LSB 450)

Lord's Prayer:

Our Father who art in heaven.
Hallowed be Thy name.
Thy kingdom come.
Thy will be done on earth as it is in heaven.

Give us this day our daily bread.
And forgive us our trespasses as we forgive those who trespass against us.
And lead us not into temptation.
But deliver us from evil.
For Thine is the kingdom and the power and the glory forever and ever.
Amen

Day 14: Thursday, March 5, 2026

Reading: [Galatians 3](#) (click to go straight to the passage)

Reflection Question: What role does faith play in receiving the benefits of Jesus' sacrifice according to Galatians 3?

Prayer: O Lord, how blessed are we to be the heirs of Your Son's sacrifice. Thank You for granting me faith in the crucified Christ. Amen

Lord's Prayer:

Our Father who art in heaven.
Hallowed be Thy name.
Thy kingdom come.
Thy will be done on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses as we forgive those who trespass against us.
And lead us not into temptation.
But deliver us from evil.
For Thine is the kingdom and the power and the glory forever and ever.
Amen

Day 15: Friday, March 6, 2026

Reading: [1 Corinthians 15](#) (click to go straight to the passage)

Reflection Question: How does the resurrection, as discussed in 1 Corinthians 15, affirm the completeness and victory of Jesus' atoning death?

Prayer: Holy Jesus, You died to take away my sins and rose to fulfill all the Father's promises in Scripture. Send now Your Holy Spirit so that by Your grace I may stand in this faith always. Amen

Lord's Prayer:

Our Father who art in heaven.
Hallowed be Thy name.
Thy kingdom come.
Thy will be done on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses as we forgive those who trespass against us.
And lead us not into temptation.
But deliver us from evil.
For Thine is the kingdom and the power and the glory forever and ever.
Amen

Day 16: Saturday, March 7, 2026**Reading: [Luke 15](#) (click to go straight to the passage)****Reflection Question: What does the Father's attitude toward His returning son in Luke 15 reveal about God's heart toward sinners?****Prayer:** Thank you, merciful Lord, for seeking us when we had no power to seek You.
Amen**Lord's Prayer:**

Our Father who art in heaven.
Hallowed be Thy name.
Thy kingdom come.
Thy will be done on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses as we forgive those who trespass against us.
And lead us not into temptation.
But deliver us from evil.
For Thine is the kingdom and the power and the glory forever and ever.
Amen.